

## OUR THANKS

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### PLEASE CHECK YOUR MAILING LABEL

Many of our memberships expired last September (9109). In order to save postage costs for the branch and time for our Board members who are filling more than one position, please consider this your personal notification of past due annual membership fees. If you would like to renew, send a \$25 cheque payable to AEHA to: AEHA Membership, P.O. Box 11428, Station H, Nepean, Ont. K2H 7V1.

Note: Advertisements do not imply that AEHA endorses any particular product or services mentioned therein. Readers with multiple sensitivities are advised to assess products carefully since individual sensitivities may vary.

## President's Message

The new Ontario Deputy Minister of Health, Michael Decter, is reconsidering the Thomson Report on sensitivities. You might write (10th fl - 80 Grosvenor St., Toronto, M7A 2C4) and tell him why it's important to implement Thomson's thirty recommendations, made half a decade ago.

Ask if he's certain that people with sensitivities who have central nervous system symptoms are screened out from the psychiatric population, or whether they continue to be abused by Ministry employees. Think of what it was like before you were diagnosed. Find a way that feels comfortable to help stop the abuse of others.

The federal Department of Health and Welfare is helping again. This month the Health Protection Branch sent out a very good backgrounder on environmental sensitivities ("Issues" 23 December 1991). It went to hundreds of journalists and policy makers. Health and Welfare is changing attitudes in the provincial Ministries of Health, advocating health care for people with sensitivities. Copies are available from Ms. J. Hopkins, 957-1806.

In November, the Ontario Medical Association Ethics Committee looked into how doctors abuse persons with sensitivities. The ethics committee will address the concern in the Ontario Medical Review. Will they honestly describe the problems doctors have caused, or just cover their buns?

Meanwhile, we made it through another year. In March we'll vote in a new executive. Perhaps you'd consider doing something. The board is made up of very nice people, and there are a few more jobs that need to be filled. If you have suggestions, or if you'd like to run for

election, don't hesitate to come forward. Contact Jim McCulloch (832-2303) or myself (837-7173).

Thanks to Harriett Hodgins who's just come on board as our new Membership Coordinator. We've had a problem keeping up with new memberships (we're growing again) and staying in touch with members, so Harriet's involvement is greatly appreciated. Estelle Drolet has come back to help out with the wild game, and Elizabeth Stutt has agreed to keep the library and act as Secretary at Board meetings. Thanks to Manon Gaudreau and Suzanne Talbot for looking after these jobs in the past.

It's been a good experience to come back into the fold and to help by serving you. Recently I was looking back through the past couple of years of EcoSense. A lot of things have changed in the community and in officialdom that will, as they take hold, make life a lot easier for all of us.

Don't forget to send a short note to the Ontario Deputy Minister of Health. And don't forget, all the positions in the executive are up for grabs at the Annual General Meeting in March, including Branch President, so step forward, get involved, and help out.

It's your turn.

Chris Brown  
President - Ottawa Branch

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AEHA Ottawa invites you to hear a talk on

ALLERGY AND NUTRITION -

THE ENZYMATIC LINK

by

Dr. Suzanne Rydzik

Environmental Medicine Specialist

at

McNabb Community Centre

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on

Thursday, February 20, 1992

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## CONTACTS

Ottawa Branch President - Chris Brown,  
(613) 837-7173

-represents the local branch in community affairs, co-ordinates local activities.

Vice President - Jim McCulloch, 832-2303  
-advises the branch president on activities, takes over when president not present.

Treasurer - Ruth Williams, 733-3593  
-keeps track of financial resources, issues cheques, advises on financial matters.

Publicity - Pat Gorgas, 224-0801  
-informs community about branch activities, tracks media coverage.

Membership - Harriett Hodgins, 745-2644  
-maintains membership list, mails new members kits and membership cards.

Parents Committee (School Issues),  
Elizabeth Stutt, 825-8388  
-educates local school boards on reasonable accommodation and special education needs, supports parents in dealing with local school boards.

Newsletter Publisher, Penny Corbin  
225-1462 -solicits advertising, receives articles and information from members and other sources.

Wild Game - Stephane LeCouffe,  
(819) 648-5864 -solicits sources of wild game for organic meat supply to very sensitive members, acquires game when available.

Estelle Drolet, 825-4439 -sells wild game to members by appointment.

Telephone Committee - Leslirae Rotor,  
830-7968 -co-ordinates team who phone members about meetings and other branch activities, acts as feedback to executive on members concerns.

Tape Librarian - Pat Gorgas, 224-0801  
-catalogues and keeps tapes of speakers, media coverage, and other events of interest to members.

Book Librarian - Elizabeth Stutt, 825-8388 -maintains books and articles relating to allergies and environmental illness. Materials can be borrowed by appointment. Reading materials can be mailed to members on request.

Air Cleaner Co-ordinator - Barb Bellin,  
238-2403 -co-ordinates renting of air cleaner owned by branch so that members may try it out.

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  -  What foods, drinks, other medicines or activities should be avoided while taking the medicine
  -  What possible side effects can occur and what to do
  -  Whether possible side effects could affect your driving performance
  -  How to store the medicine

Prepared by the Canadian Pharmaceutical Association, the national professional association of pharmacists

## Reasonable Compromises

by Barb Bellin

We are all aware of the need to reduce our exposure to environmental contaminants; our bodies desperately need some relief in order to regain that margin of safety which keeps "normal" people from over-reacting to every odor that wafts by. However, total avoidance of everything is clearly impossible. Even if we could attain it, its emotional and social implications, as well as its physical consequences, would be quite unacceptable.

So compromise is in order. This is a dynamic, ever-changing type of compromise; it varies from moment to moment and also in the longer term, depending on our level of sensitivity and just how badly we want (or are obliged) to engage in a particular activity.

What I would like to offer here are some methods I've developed for reducing the noxious effects of various items which I am unwilling or unable to do without in my daily life.

Take the telephone books, for example. Even with the change to less toxic inks, the books still have an overpowering smell. Airing doesn't seem to help much. To keep them from outgassing constantly in my living space, I close them up in a bread box. Bread boxes are available new, of course but I get mine at thrift shops and rummage sales for \$2 or less. (Beware of strong bread, mold or other odors.) I convert them by removing the wooden panel inside the door, modifying the latch, hammering shut the vent holes, scrubbing with baking soda solution, and airing. (Anyone wishing details of this procedure, or anything else in this article, is welcome to call me at 238-2403.)

Bread boxes are also good for storing magazines and business mail, most of which also stinks.

The daily newspaper is one of my major links to the outer world -- but it, too, is heavily contaminated. On my good days I can look through it (quickly!) when it's fresh. If I'm feeling less well, I air it on the clothesline before handling it. As soon as I've finished reading it, I place it in an old suitcase that I keep for this purpose. The fewer things that lie around outgassing freely, the better!

Plastic bags also fall into the category of items which give off toxic fumes but which are too useful to be given up readily. Here again, I try to keep my exposure to a minimum by storing them in a closed metal container, and by avoiding their use when practical.

After years of haunting rummage sales, I have a collection of old-fashioned enamelled fridge trays with lids. These, plus jars and covered soup pots, serve me well as food containers. Food stored in plastic bags does absorb chemicals, despite any claims to the contrary.

I've long believed that one can identify environmentally sensitive people just by looking at their scuffed, unpolished shoes. For awhile I gave up shoe polish entirely, but now that I'm so much better, I can use it again -- with precautions. I try to schedule a major session of winter boot polishing and waterproofing during the summer, when I can work outdoors and leave the boots in the shade to air for a long time. A disposable glove or even a plastic bag

is good for keeping the polish off one's hands.

The polish tins and bottles, even when closed, constantly leak toxic solvent fumes into the air. To minimize this, I store them in a large kitchen canister -- for sources and cleaning, refer to bread boxes above.

Another shoe care suggestion: To avoid carrying polish when travelling, I carry a piece of matching crayon. This combines the needed color and wax, and is great for touching up scuffs and scratches. Crayons smell, too, of course, so I wrap them in a bit of aluminum foil.

In general, the better you seal up and enclose anything that smells, the fewer toxins you will end up inhaling.

Hardly anyone can get by without toilet tissue, but in my experience it always has an odor, for the most part due to absorption of smells from cleaning products, etc., in the store. To combat this, I buy large quantities when it's on sale, and air it outdoors in the sun (unpacked, spaced so the air can circulate) for a day or two. Fortunately, my neighbors are used to my odd habits!

Outgassing is very significantly more efficient at higher temperatures. If you have anything to air out (furniture, fabrics, breadboxes), summer is the time to do it.

As you may have gathered, I have a strong preference for buying and scrounging secondhand items as opposed to buying new. This reduces strain on my budget and also on the environment. Here again I am compromising, but for me, the benefits outweigh the disadvantages. Increasingly in recent years, I have found that objects which have been in other people's homes are frequently

contaminated with residues of scented detergents, fabric softeners, air "fresheners", cleaning products, etc., etc., etc. Much of what I bring home needs to be aired thoroughly; in some cases I never succeed in getting rid of the smell, and have to re-recycle the item. In the case of fabrics, I have had some success with numerous soaks and launderings, using baking soda, borax and Basic H in sequence. Even the cords and socket innards of lamps are often permeated with smelly "fragrances" -- I shudder to think of the toxins that many people deliberately fill their homes and bodies with.

Of course, many new articles are also heavily contaminated with chemical residues from manufacturing, storage, and retail outlets.

Recently I have discovered a new powdered laundry product made by Nature Clean (available at the Wheat Berry). It required airing in a tray in the sun to get rid of the smells from the health food store, but after that it has almost no odor. It cleans better than any other (relatively) safe product I have found.

You've probably already heard about the possible risks of electromagnetic radiation, and may be worrying about it without knowing quite what to do, or even whether you are in fact sensitive to it. There are some simple measures you can take to reduce your exposure, particularly in the bedroom where you spend a third of your life.

Here are some of the things I've done: My bed stands in the middle of the room now, away from the wall where the main hydro supply line passes outside. The electric radiant heater is kept as far away from the bed as possible.

To retain the pleasure of listening to classical music without having the radio/cassette player right by my head,

I've installed a TV cart on wheels. After I've set my alarm ( a small battery-operated model) and turned off the lamp and radio, I push the cart away as far as I can reach. Since the field of most small appliances and lamps decreases greatly at 1 meter or less, an arm's reach should provide me with a fair degree of protection.

Clock radios, especially digital ones, produce a stronger electromagnetic field and are best kept far from the bed, or avoided altogether. While there's no point in getting paranoid about the effects of electricity, a few precautions won't hurt and may in fact be beneficial.

Sometimes I hear of people who have been relieved of their environmental sensitivities by making one or two simple changes in their diet or environment. My own experience has been quite different. For me, it has been a long, slow road, marked by literally dozens of small changes, each of which has given my body and my spirit a bit of relief. It's the cumulative effect that is helping me get better.

Perhaps the above will inspire you to share some of your own discoveries that have made your life easier, and helped you along the path to wellness.

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Expires June 30/92



## Branch News

We have NEW HOMES for the meat freezer and the library.

Our new Book Library Chairperson is Elizabeth Stutt (613) 825-8388, 196 Sherway Dr., (Barrhaven) Nepean.

Chairpersons for Wild Game are Stephane Lecouffe (819) 648-5864 after 6 pm and Estelle Drolet (613) 825-4439, 17 Andrea Cresc. Nepean (Barrhaven).

We have recently received about 130 lbs of deer meat - round steaks, hamburger, loin chops, blade roasts, few spareribs. The meat is available to members, in good standing, who are on restricted diets. If you qualify and are interested, contact Estelle to arrange a pick-up time convenient to both parties. A limit of 10 lbs per person is allocated at this time. For the past couple of years our organization has been able to supply wild game meat only to those on very restricted diets as our supply has dwindled drastically.

While prices for the meat have not gone up since 1979, a small increase is now in effect. Prices will range from \$2 to \$3 /lb depending on the cut. It is realized that it is not a luxury for our members buying this meat but a much welcome form of protein to an otherwise often mundane diet. The monies being made from Wild Game sales help defray our ever escalating operating costs. Unfortunately with a much reduced meat supply, so has our operating budget! This slight increase in cost will stay in effect until our meat supply increases. In the gourmet circles, good cuts of wild game often sell for \$20/lb! Consequently, for those of you who are financially capable, think of giving a charitable donation to AEHA. You will receive a receipt for income tax purposes.

Members who rely on the allergy-therapy kit ANA-KIT, used by those suffering from severe allergic reactions, usually caused by bee stings or other insect bites are urged to check the kit to see if its part of a group being recalled by Hollister-Stearns, a division of Miles Canada Inc. The potency of the drugs in the kits and refill syringes have deteriorated before the expiry date. Lots AK274, AK275 and AK278 of the kit and refill syringes S218, S219, S221 and S223 are recalled.

### CLASSIFIEDS

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Good caulking available for bathtubs, windows or doors. Call 839-5667.

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#### SERVICES

Environmentally hypersensitive person willing to do word processing, resumes, manuscripts, etc. at reasonable rates. Call Hilary (231-3462).

### LETTER TO THE EDITOR

At the April monthly meeting in 1989 Bev McCulloch told me about the federal government policy of hiring disabled persons. I went to the Public Service Commission at 171 Slater, 2nd floor, and inquired. They told me I'd have to pass tests; one for Clerk, Management and Technical jobs.

They gave me an example questionnaire to prepare for the tests, and a counsellor was assigned to me to help find a job in one of the three areas. (Important to keep the same counsellor for all 3 areas)

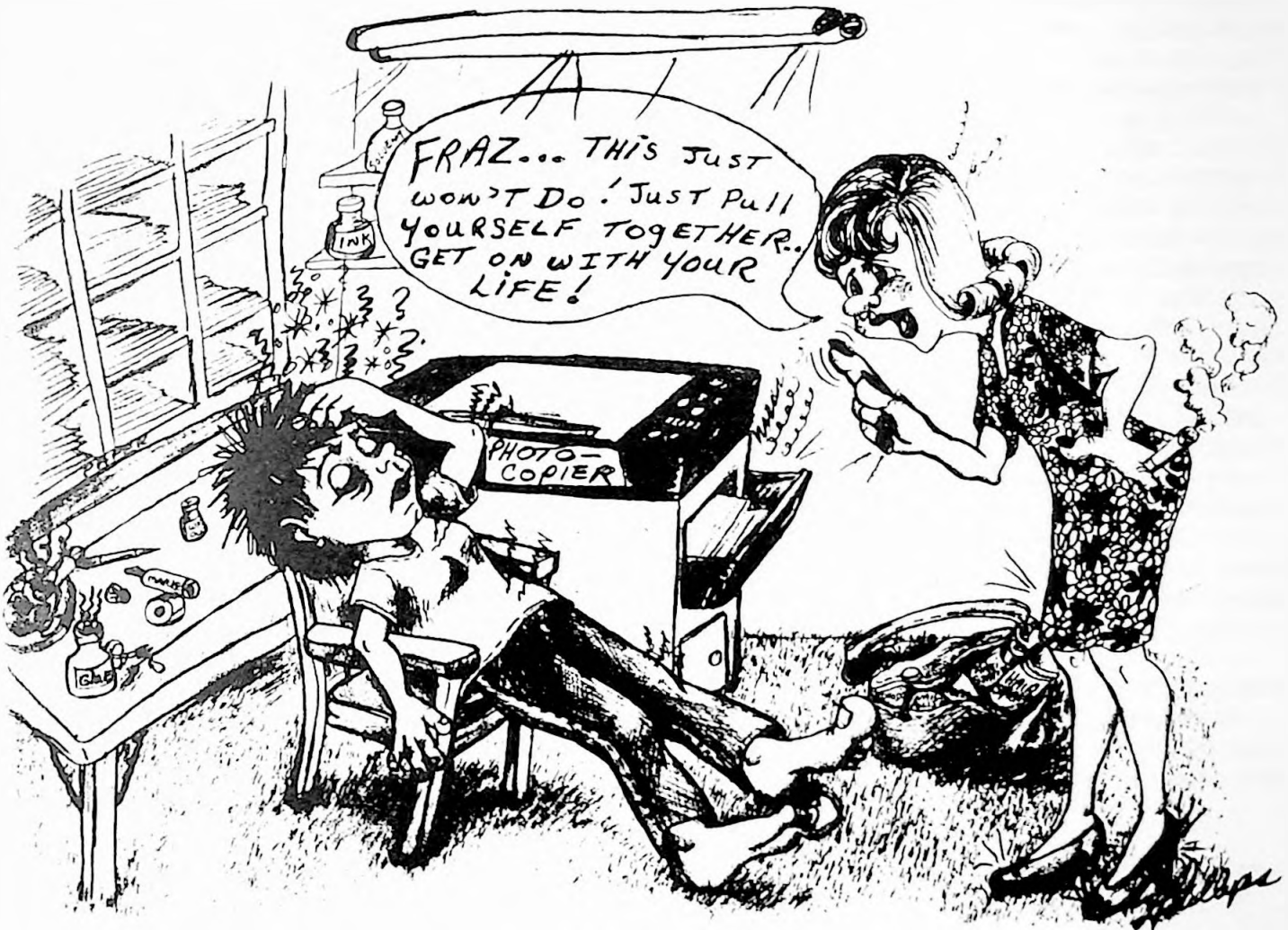
After a lot of patience and persistence (2 years of calling every month) I got my first job interview with the Department of the Environment in

August/91. Finally, in December, I was hired to work with Statistics Canada on the census. It was a three month term until the end of March 1992.

My thanks to the network of help that is given by fellow members. Helping people one-to-one has meaning.

Your fellow member,  
Stephane Lecouffe

The Ottawa Branch of AEHA has a small air cleaner which members may rent, in order to try it out. Also available is a binder of product information on air cleaners, for loan at no charge. Phone Barb Bellin at 238-2403.



# Tap Water: How to Conquer the Chlorine Cocktail Part II

by Daniel Ray

## Brimac 216 Bone Charcoal

Bone Charcoal is a unique carbonaceous adsorbent, derived from the careful carbonization of selected cattle bone. It has been made for 150 years by a British manufacturer, the largest and most technically advanced producer of bone charcoal in the world. Differing vastly from other charcoals and activated carbon in its physical and chemical properties, bone charcoal contains two separate components - a carbon surface and a hydroxyapatite lattice, both of which are extremely porous and readily available for adsorption.

A special grade of Bone Charcoal known as BRIMAC216, which has been tailored to the stringent demands of the water industry, is now available.

This highly efficient grade can remove color, taste and odor while reducing the organic level of raw water without the need for addition of other chemicals such as aluminum sulphate, lime, etc. More importantly, it is very effective in reducing or removing toxic metals such as lead, cadmium, aluminum, iron, manganese, copper, mercury, strontium, arsenic and zinc from raw water. It also removes chlorine and reduces or removes fluoride and sulphur dioxide.

In many cases it can be used to replace granular carbon in units that are built to change filtering media. Very good for large quantities of water in short periods of time. Priced similar to GAC.

## Reverse Osmosis with Carbon

To explain reverse osmosis, I would like to briefly explain the process of osmosis, and then the reverse.

Osmotic pressure is often demonstrated by the example of a water tank separated into 2 parts by a semi-permeable membrane. One side contains a salt water solution, the other pure water.

Osmosis occurs when water molecules of the pure water migrate into the salt solution in an attempt to equalize the concentration. This force would actually cause the level of the salty solution to rise.

It is the same force that causes water to rise to the top of trees. (See figure 1)

Reverse Osmosis occurs by applying pressure, (provided by your household tap), on the raw water or concentrated side of a membrane, water molecules migrate in the opposite direction. That is, pure water moves from the raw water side through the membrane to the clean water side while contamination is rejected by the membrane.

When pressure is applied, this semipermeable membrane selectively invites water molecules, oxygen and low concentrations of trace minerals to pass through it while rejecting contaminants. (See figure 2).

Reverse osmosis systems that are quite effective have a pre-filter to protect the membrane from rust, hair or other particles that may plug it up, or damage it.

Another important member of a good reverse osmosis system is a small activated carbon post filter. This will remove any traces of chlorine-created components and other lightweight organic pollutants which may have passed through the membrane.

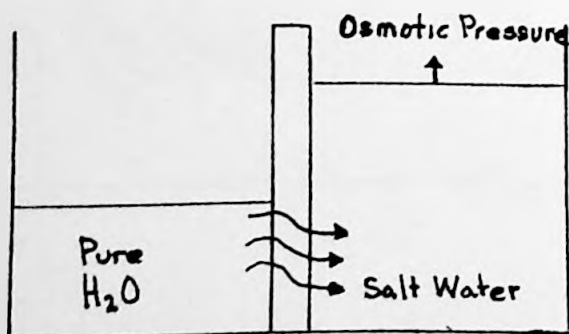


FIGURE 1

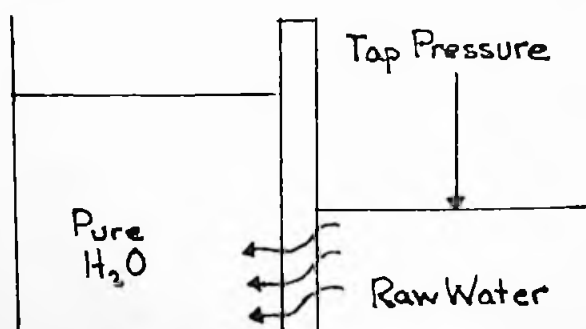


FIGURE 2

The water that does not pass through the membrane passes out of the membrane chamber via the reject tube. This water acts as a constant rinse and carries away the contaminants rejected by the membrane.

While reverse osmosis systems are self-cleaning they do not treat water gallon for gallon. Critics point this out along with the fact that you must treat your water ahead of time because it is a slower process.

Most reverse osmosis units will take one to two hours to produce a gallon of water, and use five to seven gallons of water in the process. Even where water rates are high, the total cost is still less than a dime.

Reverse osmosis does very well in removing toxins, heavy metals, viruses, bacteria, fluoride, and inorganic matter.

Prices start at \$250 and go up to \$1000 or more depending on application and yield needed.

#### Bottled Water

Although more expensive to use, bottled water can be an effective solution to water contamination. This depends on many variables that are quite important when choosing bottled water.

For example:

- . What is the source?
- . What type of container is it in?
- . How fresh is it?
- . What are the manufacturers standards or reputation?

There are many good bottled waters, but they are much more expensive in the long run. Stay away from the different types of water in cheap plastic, gallon or half gallon jugs that sit on the grocery store shelf for days and sometimes weeks. These become tainted with a taste of plastic and staleness.

Bottled water costs start at \$ .50 per gallon and may go as high as \$4 per gallon.

Other ways to treat water are ultra violet, hydrogen peroxide, and de-

ionization. There are other things for specific problems such as pipe decalers, iron filters, shower filters, and various types of whole house systems you can select. It is up to you to take action on making sure the water you use is clean and safe.

So far I haven't really covered the fact that we absorb more dangerous contaminants from our showers and baths than from our drinking water. Our skin is our largest organ! Through our pores we absorb water and whatever is in the water. Have you ever noticed the strong chlorine vapor you breathe while taking a nice hot shower? Not so nice, is it? The best solution to all of this would be to install a whole house purification system that would include a large (10-24 gallons per minute) granular activated carbon filter, with either manual or automatic back wash. And then in the kitchen, either a portable or under the counter reverse osmosis unit to further treat the water for drinking and cooking. If a whole house system is not feasible, the best alternative would be a shower filter to remove chlorine and other major contaminants from shower and bath water. And again in the kitchen, a reverse osmosis or the method you choose for your drinking and cooking.

This is by no means the final word on water purification, but I hope it will stimulate your thinking into action. More than likely, your health tomorrow will depend on how you solve your water problems today.

This article from Health Freedom News October 1989 is reprinted with permission from the National Health Federation. Part I, reprinted in the Spring/Summer 1991 Eco-Sense, covered Granulated Activated Carbon, Compressed Carbon Block Filter, and Silver-Impregnated Charcoal Filter.

Thanks to Lynda Brooks for sharing this article with us.

## On School Trips and Holidays

by Virginia Salares

Our two daughters, Aileen and Rachel, were five years and one year old, respectively, when we took a trip to Boston. They did not feel well, and the trip was more of an ordeal than a holiday. It was a time when I was uncovering their allergies and sensitivities. Rachel had severe eczema from infancy, and Aileen was also breaking out in rashes. This was followed by bouts of bronchitis, pneumonia and asthma.

For the next twelve years, a holiday was out of the question.

### School Trips

In the early grades, fortunately, there are no extended trips. In Grade 3, Aileen's class decided to take a day trip to Upper Canada Village, a two-hour drive from Ottawa. We were prepared for her going except for an unusual incident the day before the trip. Her class held a bag lunch exchange, and reluctantly, I allowed her to eat a complete meal prepared by someone else. Six hours later, the lower part of her face swelled and broke out in hives. Previously it had not been easy to correlate her eczema with foods that she ate. This time it was loud and clear - the foods she had eaten were suspect.

No amount of persuasion could keep her from missing the trip. The visit to her doctor had to wait another day. She did admit later how miserable and itchy she was the whole time she was on the trip.

Several lessons were apparent. She did not want to be left out of the activities at school. The bag lunch exchange was an eye-opener - the food testing showed that she was sensitive to all the foods she had eaten. Although some were not unlike foods she ate at home, the combinations (additives and contaminants included) were more than she could handle. There was no question that her eczema and foods were related.

In Grade 6, Aileen's class decided to hold an exchange with another school near Montreal. I could see that she was determined to go. She was paired with another girl who also had asthma. A phone call to her mother reassured me that they did not have pets and nobody smoked! She boarded the bus with a box of food to last for four days. I had made three requests to her host family: not to give her food other than what she brought, to let her use a pillow case filled with cotton towels for sleeping, and to ensure that she is out of the house when they turned the microwave oven on. At this time we already knew of her sensitivity to electromagnetic radiation.

From my perspective, the trip was a success for we were neither summoned to fetch her nor was she taken to hospital. She remembers this trip fondly to this day, six years later. She is now preparing to join another school trip to Boston in the spring.

Rachel's Grade 7 class had a camping trip last year. Luckily, this had no appeal for her. Since she is more sensitive to foods and to exposures, had she gone, I would have gone with her as a parent volunteer.

### A Holiday in Maine

It was not at all unexpected that last summer, the children expressed an interest to go on a holiday. The last seven years of intensive work that began when we moved to our specially built home had come to fruition. Their health had improved, asthma attacks were infrequent, they had been weaned of medication for years, and they had gained vitality. I was pleased that they had agreed to acupuncture treatments of late, and these were making a tremendous difference in Aileen specially.

We settled on going to Kennebunkport, Maine for several reasons.

The eight hour drive would be manageable which would make it easy to come home if needed. The ocean air was recommended to us as being therapeutic, and the lures of swimming and shopping completed the attraction. Aileen and Jason, our son, even started swimming lessons at the salt water pool (treated with salt rather than chlorine) in the city.

The schedule was planned around the garden - after the pea harvest, before the corn and beans. The first week of August was chosen.

We had two months to find accommodations. There were two requirements: kitchen facilities and no carpet. The first ruled out most of the hotels, and nothing seemed promising because of the second. Finally, one cottage owner mentioned one unit having no carpet in one of the two bedrooms. It was not a chance to lose.

I started to prepare and freeze some food ahead of time. We packed a cooler with all the supplies we anticipated including fresh cucumbers, wild apples and the early tomatoes. We brought pillows and some bedsheets.

The cottage indeed looked similar to the aerial photo in the postcard that was sent to us. The inside, however, was a disappointment. It was small and cramped and the children thought the decor was depressing. I had warned them not to expect anything like our house. One of the things I had failed to ask was what kind of walls were in place? All of us decided we did not like panelling - it smelled. Next time, it will be one with gyproc.

There was some improvement as the cottage was aired and the bathroom deodorizer was located and taken out. As long as the windows were open, we could smell more of the salty ocean breeze than the cottage.

We stayed in the cottage only to sleep. We packed the food including breakfast to eat at the beach. We feasted on fresh Maine lobsters. The water was too cold for me but the

children did not mind. The ocean air was invigorating. Swimming in salt water had a detoxifying effect and put the children in an alkaline or healing state (rebuilding) that the length of time they stayed in the water had to be moderated.

If it were easy to find another place, we would have tried. It was next to impossible during the peak season. However, we found a gem of a place for next time. We have already made reservations for next summer.

Driving through Vermont, the mountain air was so fresh, Rachel asked me, "Why can't we live here, Mommy?". In contrast, her reaction as we drove through Cornwall was that of impatience. Next time we will take another route. I had not known the air was that foul even at night.

The year before, my husband, Rafael, Jason and myself had driven to Ohio. There were places I definitely will avoid again - the tunnel to the U.S. from Windsor and driving through Buffalo. The latter drained me of energy, and I suspect it was the air or the soil contamination. Fortunately, the girls had been spared of the experience.

#### A Sojourn to California

Not quite three months later, an opportunity arose to go to San Francisco. Rafael had accumulated enough frequent flyer points for the whole family to fly. Would it work out? Can the girls manage the plane ride?

I made it clear that if they were willing to wear a charcoal mask when needed, I would consider going. If not, we had better stay home.

The preparations began. I ordered the type of charcoal they tolerate (peat charcoal) from Toronto (Smith's Pharmacy, 488-2600). I made five pouches and two masks (the latter for prolonged use). We packed a large box of food and supplies.

We had no choice but a night trip. One advantage was that the airports were not too busy. We used the pouches



inconspicuously like handkerchiefs when the plane was still on the ground preparing to take off. As soon as the plane reached altitude, the air was fine and the pouches were stored in their cellophane bags. We had requested the airline not deodorize the planes and we were told this was not normally done. The compressed air from overhead the seat smelled pure, and the children felt fine.

Poor air quality was mainly due to infiltration of exhaust into the interior before take off. This is worse when other planes are idling in the same runway. On landing, the air can become contaminated again, and we had to use the charcoal until we were in the terminal building.

In Toronto, as we were changing flight, the children were excited to try the movable walk. A minute later, I realized we were trapped in an envelope of rubber smell. The charcoal came in handy.

Rafael had ordered "seafood, organic" meals on the plane and they came labelled as such. The seafood was fine, and Rachel could eat some of it. The rest of the food was not touched since other passengers had the same items, making it unlikely that they were "organic". I have learned since that one can request the menu ahead of time.

Fifteen hours after we left our house, we reached our hotel in Santa Cruz. We got a two-level penthouse in the upper floor of a row house hotel complex. It was luxurious with a fully equipped modern kitchen, two full baths, two bedrooms, carpeted and white gyproc walls! The stale air that met us improved considerably after we got the windows opened. Fortunately, the early November air was pleasant even at nights.

The trip had been gruelling, but two hours later, we were taking in the sights, visiting some friends and enjoying the Fisherman's Wharf. We went back two more times to the Wharf to the sea lions, shops and to enjoy the clam chowder. Rachel kept to french fries.

We had an adrenalin kit for her, just in case, but we preferred not to take risks.

We stayed on a light diet not much different from what we eat at home. Being able to buy an abundance of organic fruits was a rare and special treat for the children. We maintained the same detoxification routine we use at home (refer to Lynda Brook's article on detoxification in HEF Quarterly, Vol. IX, March, 1987). It was especially important during the trip in order that they feel well and be less susceptible to react to exposures.

There were patches of local pollution. We passed by a golf course being sprayed which smelled deadly. On our way to Berkeley campus, we drove through Oakland, a place we would avoid again as the area had a distinct chemical smell. The charcoal came in handy at these times.

Both trips, two holidays in one year, were pleasant experiences. The children are happy and they have gained confidence that they can go places with care. The trips have also given them encouragement to continue the hard work to health.



## Sharing Information

**Canada Mortgage and Housing Corporation** is planning several meetings in the next few months as part of a public consultation process to assist in formulating a research plan to develop cost-effective housing solutions for the environmentally hypersensitive.

The research findings will be of primary benefit to those in need of housing changes due to their sensitivities. The information will be equally useful to builders and renovators. It is also hoped that manufacturers will be persuaded to produce safe and acceptable products with less chemical offgassing. If you would like to participate in the development of a research plan please contact:

Virginia Salares, Research Division,  
Canada Mortgage and Housing Corporation,  
700 Montreal Rd., Ottawa, Ontario K1A  
0P7, (613) 748-2032

For sensitive sleepers: Quality-crafted **100% cotton pillows** made in La Crosse, Wisconsin, U.S.A. Clean cotton batting wrapped in 100% cotton. Fabric and Filling are 100% cotton. Available in white. Also available is a 100% cotton premium pillow that is used in the allergy units of many leading hospitals. Each pillow is hand sewn and filled with the purest cotton available. As an extra step, the cotton cover is washed in baking soda to remove any trace of contaminants. Prices until May 1991 were \$40 and \$60 respectively for a standard size pillow. For other natural products and more up-to-date price lists call The Company Store's toll free number and ask them to send you a catalogue (1-800-348-4000).

Last July, Woolco introduced **natural cottons for bed and bath** made by Cannon. No bleaches, dyes or chemical fabric softeners are used. By simply washing their cottons after weaving, Cannon feels

they have created a product that is stronger, softer and more absorbent. Towels, sheets, blankets and Bathroom rugs were advertised. Call them to see if they are still carrying the product as consumer interest was to determine whether they would keep these items stocked.

The above two contributions were sent in by Estelle Drolet. Have you come across any interesting information our readers might find useful? Please drop us a line: Eco-Sense Publisher, P.O. Box 11428, Station H, Nepean, Ontario. K2H 7V1.

Steve Rowat would like to know if any of our readers have any information about known measures of the **toxicity of high density foam rug underpadding**. He would be interested in hearing from you. He has had the repeated experience with the foam underpadding with the small parallelogram-shaped indentations stamped on it. He feels that it is very volatile and toxic, and off-gases for decades, penetrating anything in the vicinity except metal. He hopes to collect enough information to begin pressuring for a ban on manufacture and use of this material. Contact: Steve Rowat, 1 Clegg St., Apt #3, Ottawa, Ontario. K1S 0H3. (594-8086).

If you are interested in **100% untreated good quality cotton quilt batting** (81" x 96"), give Judy Benson a call for the source. (682-3634)

Girl Guides are selling **100% vegetable oil soap** now which has no scent. \$6.50 for a box of 3. Available at the Guide shop, 2487 Kaladar., open Jan. to June 9 a.m.- 1 p.m. Mon. to Fri., 4-8 p.m. Thursdays.






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FIRST APPOINTMENT

## Garden Tips, Tricks and Good Advice

The following tips were sent in by Estelle Drolet. We are including them in this issue so that you will be able to receive your catalogues and place any orders you might have in time for spring planting.

Insect Lures are absolutely non-toxic and safe. These insect traps utilize various pheromones (natural mating scents) to attract insects to the sticky surface of the trap. Each trap uses a specific pheromone to attract a specific species of insect. Traps can be easily and neatly disposed of when full. Those available from Lee Valley Tools are the Codling Moth Trap, Garden Pest Trap, Apple Maggot Trap, Yellowjacket trap. Price is \$5.95 each. Information from Lee Valley Spring 1991 catalogue. To place an order by phone call Dept G2 (613) 596-0350. Their address is P.O. Box 6295, Station J, 1080 Morrison Drive, Ottawa, Ontario. K2A 9Z9. Shipping and handling charges are \$4 on orders of \$10 to \$20 and \$5.50 on orders of \$20 to \$50.

Insect Lures must be in place at correct time. For example, for fruit trees, they must be in place just as flowering ends or slightly before, otherwise the fruit, however small it looks, has already been attacked. It works!

\* \* \* \* \*

A booklet called "Bakers Dozen" is available for \$5 from Cdn. Mont. Products, 239 McRae Drive, Toronto, Ontario. M4G 1T7. In it you will find good garden tips that recommend mostly natural ingredients for lawns, trees, shrubs, roses, bulbs, vegetables, fruit trees, insect and diseases. Examples of some of the tips included:

For lawns, epsom salt with half the recommended rate of your usual fertilizer.

Lawn tonic (nitrogen) - 1 can of beer, 1 pint ammonia, 1 cup liquid soap (Estelle uses Shaklee H 1/2 c). This gets your lawn off and growing for

aggressive growing action of roots and breakdown of thatch.

### Insect Prevention and Control

1 cup Listerine (if nematodes are a problem, use Listermint)  
1 cup chewing tobacco juice  
1 cup liquid soap

Tobacco juice is made by placing 1/4 pkg of "Red Man" chewing tobacco into the toe of old nylon stocking and soak for 3 hours in quart of hot water. Apply after 7p.m.

### Insect Control

1 cup dish soap  
2 tbsp alum (dissolve small amount in boiling water. Health food store has cheaper alum)  
4 tbsps instant tea

1 ounce clear corn syrup

Apply after 7 p.m.

Took care of Estelle's crabgrass problem very effectively.

All of the above formulas are for 2,500 sq. ft.

An Organic Farmers Market is open every Saturday from 10 a.m. to 2 p.m. at Kingsway United Church, 630 Island Park Drive. A good selection of root vegetables are now being sold along with cold pressed oils, cheeses, grains and flours. Also served are lunches using the products from the market. If you would like more information give Sue Bailey (563-4167) a call.



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**THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION** is a charitable organization under Canadian law, operating on a non-profit basis.

One of the purposes of The **ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION** is to promote the free exchange of information on the prevention and treatment of environmental hypersensitivities. People who are environmentally hypersensitive are no longer able to adapt well to common and increasing exposures in their everyday environment.

On a local basis, **ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION** Branches work toward finding sources of chemically less-contaminated food, water, clothing and household furnishings, as well as providing counselling on changes of lifestyle that may alleviate symptoms.

Membership in the **AEHA** includes a subscription to **ECO-SENSE**, the newsletter of the Ottawa Branch, and to The A.E.H.A. Quarterly, from the National Office. The cost of an annual membership and subscription is \$25.

To become a member of **AEHA** send your name, address, postal code, telephone number and cheque or money order payable to The Allergy and Environmental Health Association to:

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